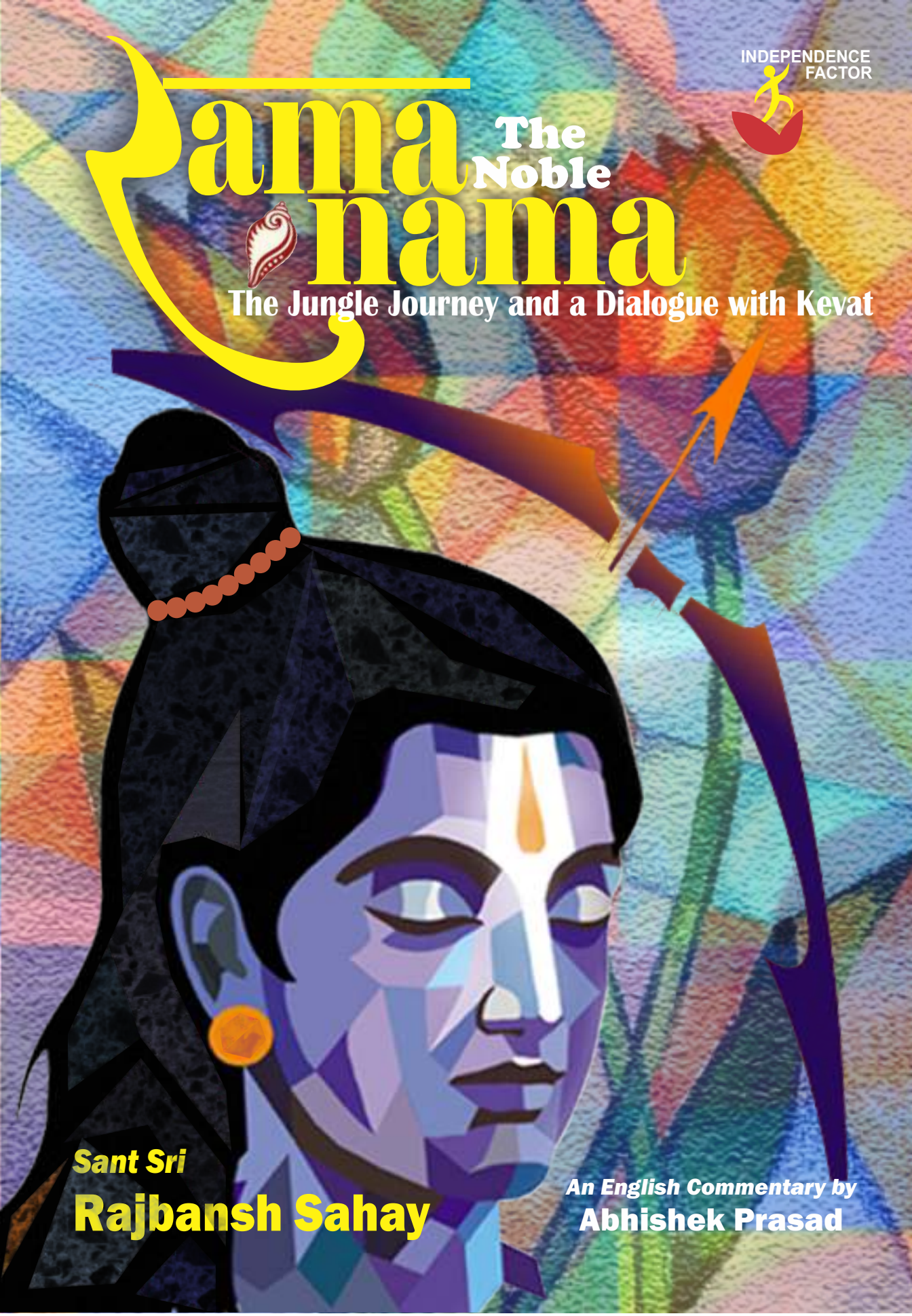
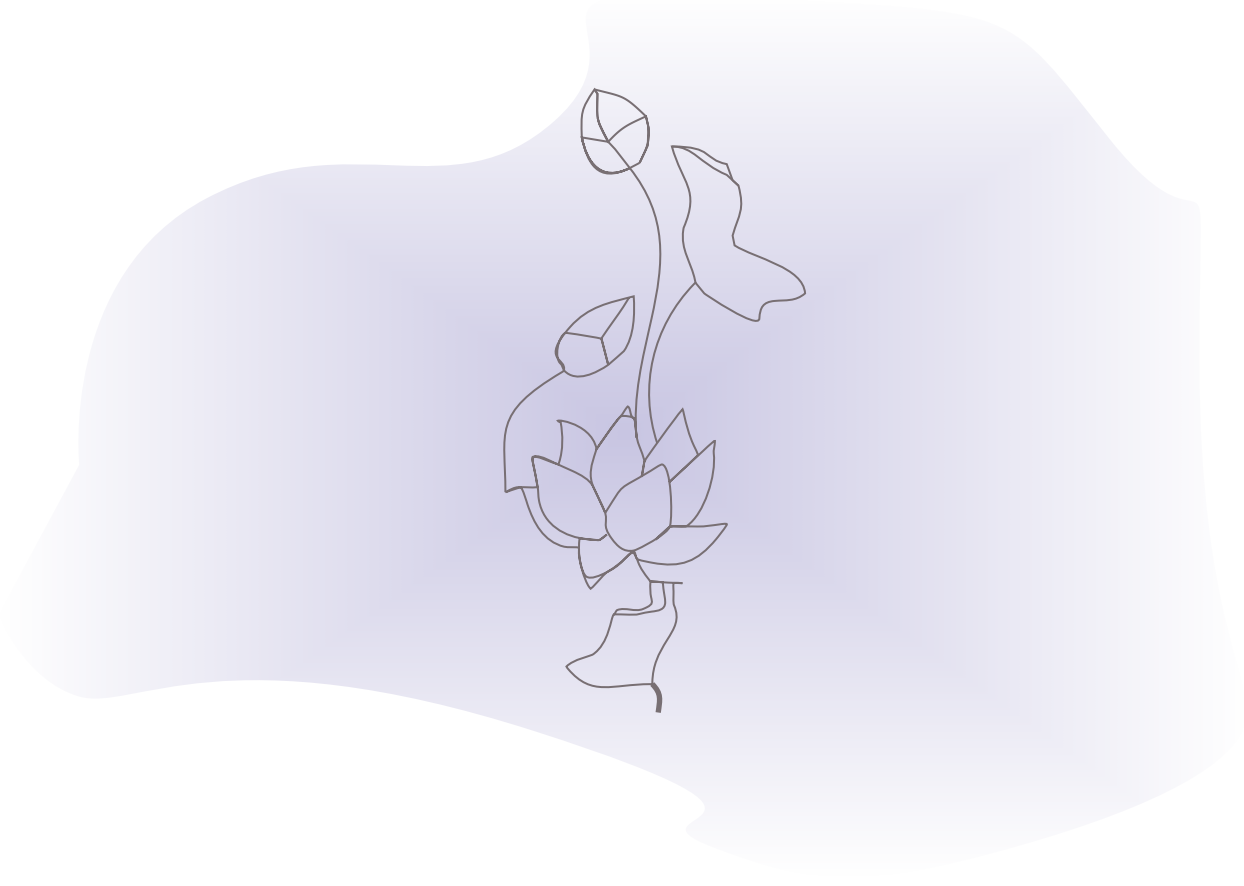

INDEPENDENCE FACTOR
Rama The Noble
nama
The Jungle Journey and a Dialogue with Kevat
Sant Sri
Rajbansh Sahay
An English Commentary by
Abhishek Prasad

ॐ तत्पुरुषाय विद्महे महादेवाय धीमहि तन्नो रुद्रः प्रचोदयात् ॥

Om Tatpurushaya Vidmahe Mahadevaya Dhimahi
Tanno Rudrah Prachodayat.

Let me meditate on the great *Purusha*, O, greatest God, give me higher intellect, and let God Rudra illuminate my mind.

Rama is *One* who wins his-self for HIMSELF



IN LOVING MEMORY OF

SANT SRI RAJBANSH SAHAY

This book is a living expression of spiritual wisdom, embodying direct realization, unwavering devotion, and poetic excellence. It carries forward the noble works of Sant Sri Rajbansh Sahay, lovingly preserved by his devoted son and reverentially brought into published form by his grandson.

RAMA THE NOBLE NAMA

The Jungle Journey and a Dialogue with Kevat

by

Sant Sri Rajbansh Sahay

an English commentary by ***Abhishek Prasad***

First Published by
Independence Factor (India) Private Limited
54/2 Lane 10 Tulza Bhavani Nagar Kharadi Pune 411014.
Cell +91 8210256689
E-mail: research@independencefactor.in
Website: www.independencefactor.in

First Edition
© Independence Factor 2026

All rights reserved.
Individual readers and nonprofit institutions or libraries are freely permitted to make fair use of the contents. Permission is granted by Independence Factor to quote from this book with the customary acknowledgment of the source.

No part of this publication may be reproduced or transmitted in any form or by any means without permission of the publisher.

Independence Factor Publishing
Varanasi, July 2026

ISBN No. 978-81-939643-0-9

Price :INR 695

RAMA THE NOBLE NAMA

The Jungle Journey and a Dialogue with Kevat

WORDS OF APPRECIATION

"...a profound offering that transforms devotion into self realization, reminding us that the divine name is the path to inner freedom and universal harmony..."

Guruji Sri G. Narayana

"...a rare literary and spiritual treasure that revives India's devotional wisdom with remarkable clarity, simplicity and timeless relevance..."

Prof. Ravi Prakash Arya

"...an inspired devotional classic whose poetic beauty and spiritual depth illuminate the eternal glory of Rama Nama for every generation..."

Dr. Kameshwar Upadhyaya

Contents

Appreciation

Foreword 03

Preface 05

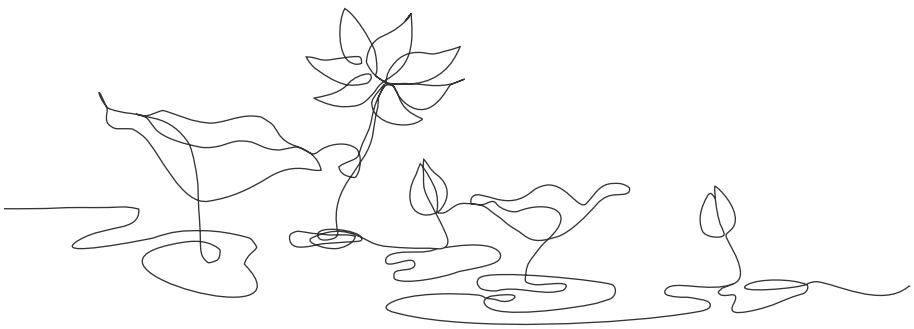
About Sant Sri 07

Section 1
Part A. Rama The Noble Nama:
Couplets or *Dohas* (Verses of two lines) 11

Part B. Rama The Noble Nama:
Chhapay (Verses of six lines) 25

Section 2
The Jungle Journey and A Dialogue with Kevat:
Chaupai (Verses of four lines) 117

Epilogue
Some Key Concepts 146
Glossary 160
Inner progression of Spiritual Transformation 168
Seven Contemplations on Rama Nama 171
Dedication 174
About the Commentator 174



Foreword

I have been personally acquainted with Sri Rajbansh Sahayji. Though widely respected as the foremost deed-writer at the registry court in Bhabua (Bihar), he was held in even greater esteem for his wisdom, saintly persona and profound understanding of *Bhakti* tradition.

This poetic work titled *'Rama The Noble Nama'* has been reviewed by me in its entirety. Set in vernacular folk dialect, this short poetic work is an inspired involuntary creation and has an exquisite appeal which finds place right in the heart.

As the poet Sumitranandan Pant had put it,

वियोगी होगा पहला कवि, आह से उपजा होगा गान
निकलकर आँखों से चुपचाप, बही होगी कविता अनजान।

'Estranged would have been the first poet, the first song would have been the cry of pain. And from tears would have sprung the poetry hitherto unknown.'

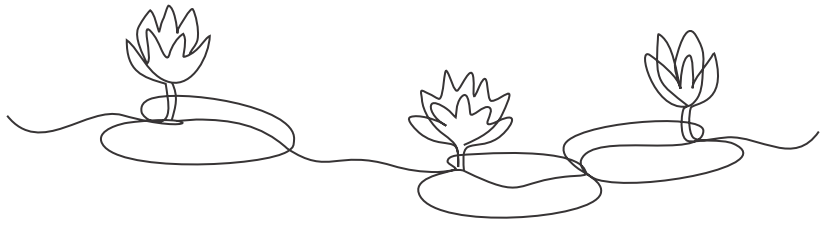
If indeed such are the origins of poetry then this poetic creation embodies them beautifully.

This work is a natural outpouring of the emotional heart. Though it is in vernacular folk dialect, it is easy to assimilate. The harmonious structures compel the reader unconsciously along the flow of the poetry. Expression of feeling is the soul of poetry and this pervades the whole work. Poetry finds its true place in the minds of masses when it pulls the reader and the listener into a spell of ecstasy and this is the exclusive characteristic of a great work. Sahayji's creation does that.

Sahayji's forte is an expression of a popular subject in a vernacular folk dialect in an impressive narration. I am convinced this work would appeal to the common masses as well as the discerning observers who have a devotional connect with the subject matter.

I express my gratitude to Sri Sarb Deo Lallji who ensured that his father's work saw the light of the day, thereby proving the saying that 'the son is the soul of the father (आत्मा वै जायते पुत्रः).

Sanskrit Scholar and Litterateur **Sri LalJi Tripathi**



Preface

Although there has been a huge spread of religion in the past four or five decades, yet the world we live in has become mosaic due to transience and insensitivity to human values. There is a need to celebrate diversity in religious thinking by deeply incensing human *Dharma* with the feel and depth of divinity. What could be the reason behind the decline of humanity? We need to ponder over.

This book consists of verses written by Sant Sri who is my revered grandfather and whom I wish to refer to as Pujya Dadaji. I am very fortunate to have been born in such a great lineage.

For its two distinct contents, the book is divided into two sections. The first section has been titled as '*Rama The Noble Nama*' and the second one as '*The Jungle Journey and a Dialogue with Kevat*'. The first section evolves around *Nama* the omnipotent power ruling the universe while the other one succinctly describes Rama's exile, and about the difficulties in the journey. Also there is a wonderful imagery of Kevat's pure love towards Rama. The verses in both sections depict the true nature of a man as symbolized by Rama.

All the verses of Dadaji have been translated from Hindi (Bhojpuri and Awadhi dialect mix–vernacular folk dialect) to English, assiduously edited, critically examined and well documented as a commentary by me without vitiating the creative endeavors of Dadaji. The verses that have been translated are the rarest of the rare, meant to nurture the important aspects of one's life, viz; physical, emotional, cognitive, social and spiritual.

This book is intended to integrate spiritual practices and addressed to scholars and mystics from all over the world to know about the Hindu perceptions of *Nama* - 'the authentic spiritual connection within us'.

I wish to assuage my strong feeling that with the growth in materialism there is a need to create a spiritual awakening in our society and subtly assert the significance of Rama *Nama*; *Nama* the sole antidote to *Maya* been providing the most

reliable path to God's Kingdom. It is also the astute remedy for all strife and struggle of life. Dadaji, very well known for his wisdom and virtuosity, left for the heavenly abode concentrating and reflecting upon Rama *Nama*. I was born just two years after his heavenly departure. The clairvoyant powers that are in me suggest that there is an authentic part of him (Dadaji) in me. I may not have seen him but I can sense the vibration he felt towards Rama *Nama*.

I am aware that this book may be read by persons of diverse interest and astounding faculties. And I am confident that this book would accentuate the readers to pause a bit in their inward journey. Enchanted by the verses of Sant Sri, the readers, out of sheer curiosity, would spare their precious moments to comprehend the profound spiritual divulgence of Dadaji, a man of simplicity and rare sagacity.

Differences define us and the spirituality contained in this book would unite us. Please read this book, appreciate the fact that *Nama* is the quintessence of truth and an elixir of human life. The time is now ripe to awaken the spirit (the *Nama*) in us before it gets too late.

Translator & Commentator Abhishek Prasad

About Sant Sri

It is my rare privilege to present the life and spiritual legacy of Sant Sri Rajbansh Sahay, whose entire life was a humble offering at the lotus feet of Lord Rama. A realized saint, devoted householder, and gifted poet, he embodied humility, nobility, compassion, and unwavering devotion. His ideal of complete surrender finds beautiful expression in the following verse of Sri Goswami Tulsidas –

रामचरन दृढ प्रीति करी, बाली कीन्ह तनु त्यागा।

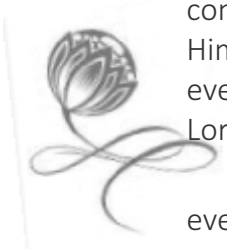
सुमन माल जिमी कंठ ते गिरत न जानइ नाग ॥

(By firmly taking refuge at the lotus feet of Sri Rama, Bali relinquished his body as effortlessly as an elephant remains unaware of a garland of flowers sliding down its neck).

True to the devotion that defined Sri's life, he breathed his last uttering the sacred word "Rama". But before leaving this mortal world he shared the eternal truth with his loving son (me) advising to always be devoted to *Ishwara* (God) and respect the family-honour.

Born into a deeply religious household, he received his earliest spiritual education from his revered father, Sri Parmanand Lall, who nurtured in him a profound love for *Sanatana Dharma*. Although his formal education ended after the ninth standard, his remarkable intellect, disciplined self-study, and unquenchable thirst for knowledge enabled him to master the *Vedas* and *Puranas* and other Hindu scriptures. He also attained mastery of Hindi, English and Urdu, demonstrating that true wisdom is acquired through sincere dedication rather than academic qualification alone.

Endowed with many God-given gifts, Sant Sri Rajbansh Sahay cherished literature, music, and the arts with equal affection. While faithfully discharging his responsibilities in the Registry Office, he devoted every available moment to spiritual contemplation, devotional singing, and literary composition. Himself an accomplished *harmonium* and *dholak* player, every evening he used to create a rhythmic *bhava* while remembring Lord Rama.



He exemplified the highest ideal of *Karma Yoga*, fulfilling every worldly responsibility with sincerity, detachment, and

excellence while remaining inwardly established in God. His life stands as a timeless testimony that spirituality does not require withdrawal from the world; rather, every action becomes worship when performed in loving remembrance of the Divine.

By the grace of Lord Rama, his profound spiritual realization found natural expression in sublime devotional literature. Among his cherished works are *Rama The Noble Nama, The Jungle Journey, and a Dialogue with Kevat*, together with many other devotional compositions. In recognition of his saintly character and poetic brilliance, he was lovingly honoured with the titles Sant (Saint) and *Kavi Ratna* (Jewel among Poets).

These treasured writings are now presented to the world in his loving memory. This publication is not merely the release of a book; it is the preservation of a timeless spiritual heritage that has the power to inspire sincere seekers for generations to come.

I lovingly bless my youngest son, Abhishek, whose unwavering devotion, reverence, and tireless efforts have brought my revered father's handwritten manuscripts into published form. His dedication to preserving and sharing this sacred legacy is deeply commendable.

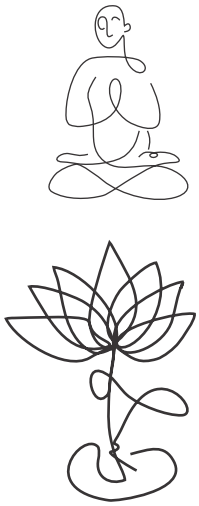
I consider myself profoundly blessed to have been born as the son of such a noble and saintly soul. Helping fulfil my father's cherished dream of sharing these spiritual treasures with the world has been one of the greatest privileges of my life. With his divine inspiration and the boundless grace of Lord Rama, I humbly place this first published work at his sacred feet in the spirit of complete surrender:

"...त्वदीयं वस्तु गोविन्द तुभ्यमेव समर्पये।..."

"O Govinda! Everything belongs to You alone. Nothing—not even myself—is mine. Therefore, I humbly dedicate this entire offering unto You."

May this humble offering awaken love and devotion for Lord Rama, inspire sincere seekers on the path of righteousness, and preserve the eternal glory of Rama *Nama* for generations to come.

Retired Teacher **Sarb Deo Lall**



Section 1

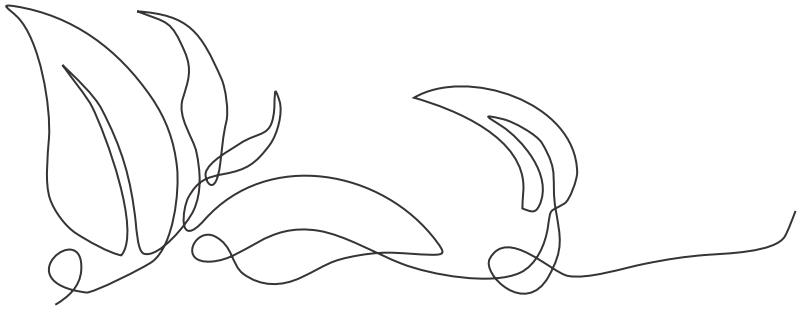
Part A. **Rama The Noble Nama**

Couplets or Dohas (Verses of two lines)

Rama Nama

From destroying "I" and "Me" to Invoking Light

*This section, in the form of couplets, explains five **Ws** and a **H** about Rama Nama. The ultimate purpose - Rama Nama helps us feel like God is within us as letter "Ra" destroys the concept of "I" and "ma" extinguishes "mine".*
Also, Rama Nama is equal to the one thousand names of Vishnu (Padma Purana).

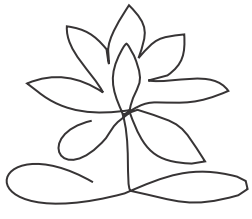


राम

Section 1

Part B. **Rama The Noble Nama**

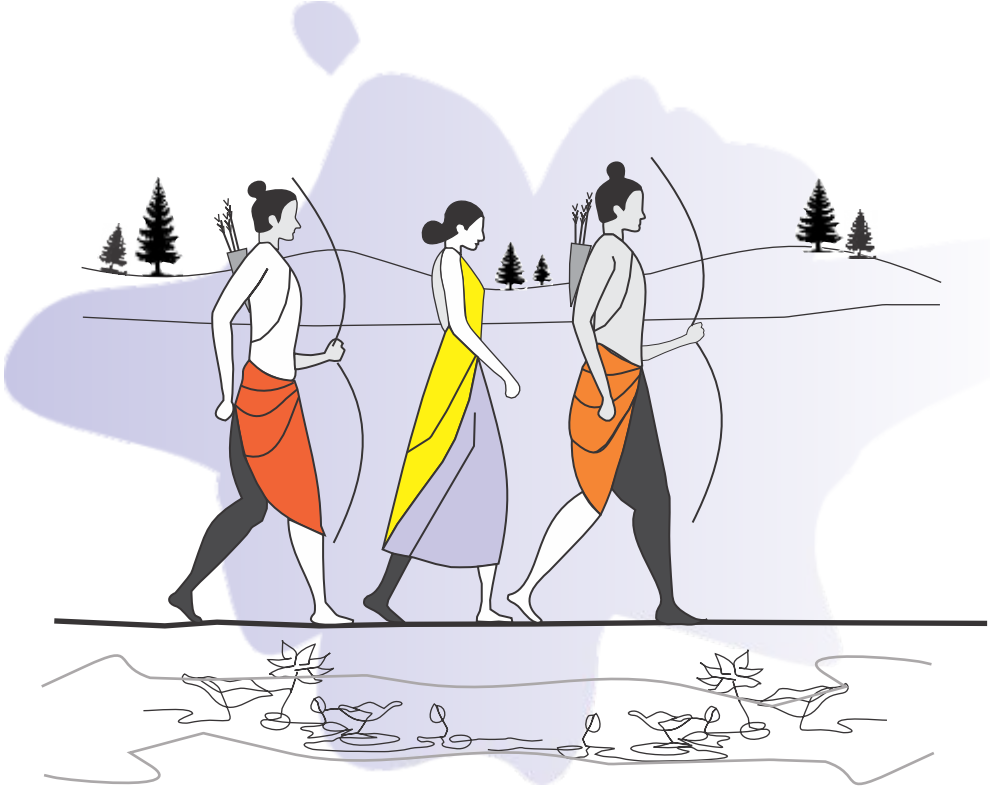
Chhapay (Verses of six lines)



The Transcendental Traits

The ideal qualities and bliss in Rama and Nama

This section, in the form of hextuplet (a group of six rhyming lines) describes the significance, benefits and mystical power of Rama Nama, mere chanting of which we invoke His presence, His blessings and His Transcendental qualities.



Section 2

The Jungle Journey and A Dialogue with Kevat

Chaupai (Verses of four lines)

The Spiritual Triad

Rama, Ganga and Kevat

*This section describes a unique journey, how conditions unfold with the trigger of melodrama by Kaikeyi and culminate in **The Triad** - in the form of dialogue and ingrains that life's journey is completed with Trust, Humility, Devotion, Patience and Inner surrender.*

DEDICATION

This book is dedicated to my parents, the entire family, and the whole team without whose contribution, encouragement and support nothing would have been achieved; especially my father, who has shared with me many long arduous days in giving this book a right shape, and lastly to all followers and admirers of Dadaji who have shown enormous love and respect towards his intellect and wisdom.

About the Commentator

Abhishek Prasad is an author, speaker, journalist, spiritual scientist, and transformational coach committed to the intellectual and spiritual enrichment of humanity through the exploration of consciousness, self-discovery, and timeless wisdom. Born into a middle-class family deeply rooted in Indian culture and tradition, he has devoted himself to studying the inner dimensions of human life and the teachings of the sages.

His work spans diverse fields, including spiritual awakening, human development, inner transformation, and the study of consciousness. A widely travelled thinker and researcher, he is known for his broad perspective and ability to engage meaningfully with people from varied cultural, academic, and spiritual backgrounds. Over the years, he has built enduring associations with scholars, researchers, spiritual aspirants, and students of consciousness across the world.

As a spiritual scientist, he explores the nature of consciousness through inquiry, contemplation, and direct experience, seeking to bridge ancient wisdom with the realities of contemporary life. As a journalist and commentator, he brings clarity, depth, and thoughtful reflection to his writings and public engagements.

A prolific reader and accomplished writer, he reflects his intellectual interests in his books, articles, essays, and commentaries. He has also played an important role in compiling, editing, preserving, and presenting the invaluable works of Sant Sri (Dadaji), helping make this wisdom accessible to present and future generations.

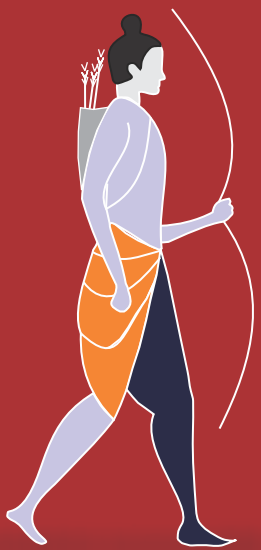
रामनाम शर साधि शत्रु सेना संहारौ
उर सह लाइ विचार सोचि संग्राम सम्हारौ
सीख सीस लै धारि सदा चित चेतहु आई
होउ सुखी जगमाहि चारु चारिउ फल पाई
सुपथ परिधि पर अटल ह्वै बल साहस कर लीजियो
धीर वीर रणभीरह्वै ध्यानु सदा इस दीजियो ॥

रामनाम धन श्याम आप के हिय बस जावो
उर चख फारि निहोर सदा सतत सुख पावो
भक्ति पंथ फल पाय नित्य नरतनु भव पनमे
अद्भुत अनुपम ह्वै पथि राखहु निज मनमे
नित नव लाड उमग उर रामनाम मे पिलोकियो
मगन मुग्ध ओ राम ह्वै अभिलाषी बनि थिरकियो

रामनाम चित्त प्रेत स्वास का नहीं ठिकाना
को जाने कब अन्त जात मौचक्क फकजाना
कांच सरिस यह देह गेह तुहि कांन न अइहै
छिन पल वार न लगै बुलबुला सम बोस जइहै
उरके सकल विकार तजि रामनाम लय लाइयो
जो हित चाहो आपनो रामगा आइ गुन गाइयो

रामरमे सबल सेम कतहु नहि छूटा
जड़चेतनो सो जेति जगमे नाता जूटा
सदा राम का नाम रहो हुवते निज गाई
राम स्वामि तुम सखा कहो सांची सेवकाई
प्रीति रीति सो राम भज भूलि न यहि विसारियो
निसि वासर चित ध्यान धरि राम के नाम उचारियो

Rama Nama remains a timeless source of clarity, inner purity, and awakening to the True Self.



Anjani Kumar Jha
Journalist

One akin to one of the "panchshakha"... devotion mix with wisdom and flavoured in the flow of Tulsidasa.

Shakti Kumar
Editor, KFI, Varanasi

As we read this book, we are immersed in a form of devotion that is ancient yet deeply relevant today, connecting us to the compassion of the unknowable.

INDEPENDENCE FACTOR

Independence Factor (India) Pvt. Ltd
54/2 Lane 10 Tulzabhavani Nagar, Kharadi, Pune - 411014
Contact No. +91 8210256689
Email - research@independencefactor.in
Website - www.independencefactor.in

ISBN No. 978-81-939643-0-9
Price : INR 695